

# DINNERLY



## Pan-Fried Chicken with Salt and Vinegar Smashed Potatoes



30 minutes



2 Servings

Smashing potatoes before roasting gives amazing results – they're fluffy and soft on the inside, and crunchy on the outside. Teamed with juicy pan-fried chicken breast, it's a 'smashing' midweek meal!



## WHAT WE SEND

- 300g chat potatoes
- 1 large free-range chicken breast fillet
- 5g country seasoning <sup>17</sup>
- 1 carrot
- 1 Lebanese cucumber
- 100g baby spinach leaves

## WHAT YOU NEED

- 2 tbs olive oil
- 2 garlic cloves
- 1 tsp wholegrain mustard <sup>17</sup>
- 1 tbs white vinegar
- ½ tsp sugar

## TOOLS

- medium saucepan
- oven tray
- potato masher (optional)
- medium frypan
- vegetable peeler

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

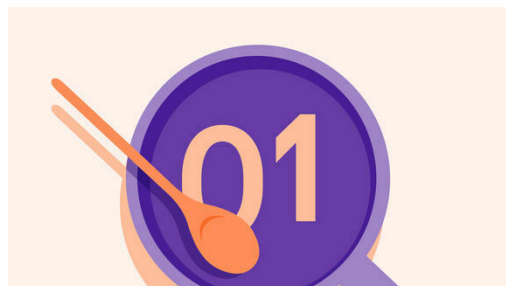
We've substituted white chat potatoes for the red chats pictured due to current supply shortages. Don't worry, the dish will be just as delicious!

## ALLERGENS

Sulphites (17). May contain traces of other allergens.

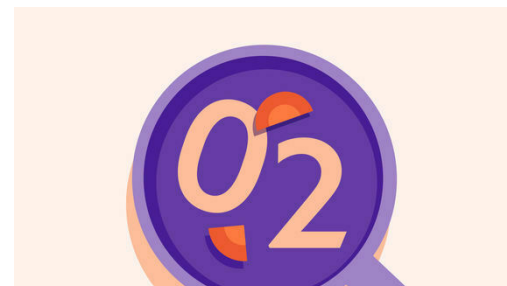
## NUTRITION PER SERVING

Energy 475kcal, Fat 20.6g, Carbs 28.5g, Proteins 40.0g



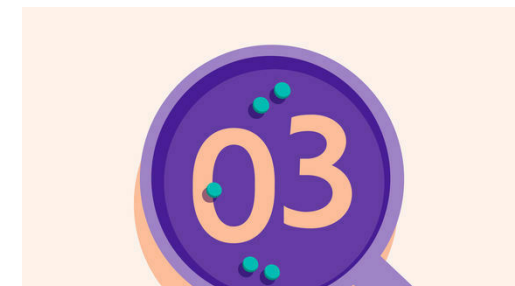
### 1. Parboil potato

Preheat the oven to 220C. Halve the **potatoes** (see Cooking tip) and quarter any large ones. Put in a medium saucepan, cover with cold salted water and bring to the boil. Cook for 8-10 mins until just tender. Drain. Put the potato on a greased oven tray (see Kitchen 101) and, using the back of a large spoon or a potato masher, lightly press down on each potato to smash.



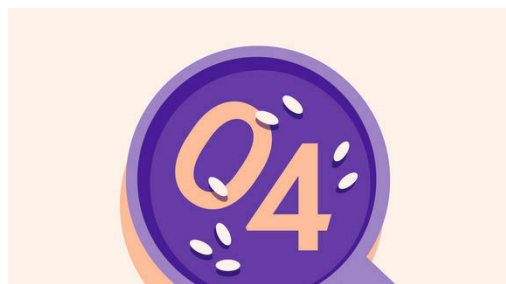
### 2. Roast potato

Drizzle the **smashed potato** with **3 tsp olive oil**, then season with **pepper** and **½ tsp salt**. Roast for 15 mins or until golden and crisp. Meanwhile, put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



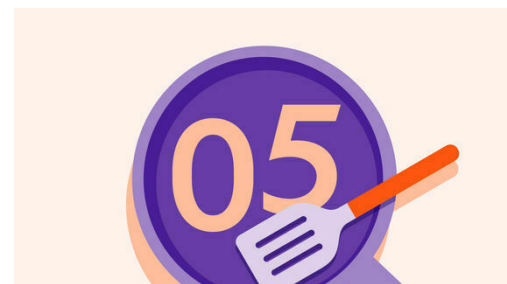
### 3. Pan-fry chicken

Crush or finely chop **2 garlic cloves**. Combine the garlic, **country seasoning**, **2 tsp olive oil** and **½ tsp wholegrain mustard** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat. Heat a medium frypan over medium-high heat. Cook the chicken for 3-4 mins each side until browned and cooked through. Remove the pan from the heat.



### 4. Make salad

Peel the **carrot**, then peel the carrot and **cucumber** into ribbons with a vegetable peeler. Combine **3 tsp olive oil**, **2 tsp white vinegar**, **½ tsp sugar** and **½ tsp wholegrain mustard** in a large bowl, then season with **salt and pepper**. Add the **spinach**, carrot and cucumber and toss to combine.



### 5. Serve up

Divide the **chicken**, **smashed potato** and **salad** among plates. Drizzle the potato with **2 tsp white vinegar** and enjoy!



### 6. Kitchen 101

Roasting the potato on a greased oven tray helps to amp up the crispy factor. If you prefer, you can line the tray with baking paper to save extra washing up.